

Grant's Chocolate Secrets



Enjoy sweet snacks that satisfy. Try one of these tasty recipes: mix 2/3 plain raisins with 1/3 chocolate covered raisins for a healthy snack; make a trail mix of dried fruits, nuts and semi sweet chocolate morsels; hide a single Hershey's kiss in a cup of rice pudding; jazz up your banana by drizzling a small amount of melted chocolate on top.

Ambrose/Lincoln
Elementary School
February 2011

LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte Extra Pizza	\$1.25

Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.



ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit

**If you have a food allergy, please speak to the Director or Lead Server.
*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

Kevin Silvia @ 781-721-7033

WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V =VEGETARIAN SELECTION

=HEALTHIER CHOICE

P =PORK PRODUCT

MONDAY

Veggie of the Month



1.Brunch For Lunch 7

French Toast w/Syrup served w scrambled eggs, Breakfast sausage
2.Bagel Lunch
Mixed Fruit Cup

1.Valentines Dinner 14

Pasta & Meatballs tossed in a marinara sauce. Seasoned breadstick Cupped Strawberries
2. Chicken Caesar Wrap Garden Salad

TUESDAY

1.Gloria's Pizza 1

Whole Wheat Cheese Pizza Slice
2.BLT & Cheese on a wrap
Celery Stick W/LF Dip

1.Gloria's Pizza 8

Whole Wheat Cheese Pizza Slice
2. American Sub
Steamed Vegetable

1.Gloria's Pizza 15

Whole Wheat Cheese Pizza Slice.
2. Ham & Cheese on a wheat wrap
Steamed Peas

WEDNESDAY

1.Macaroni & Cheese 2

Buffalo Style
Whole grain pasta tossed in cheddar cheese, buffalo sauce & diced chicken
Whole Wheat Dinner Roll
2. **Greek Salad**
Steamed Green Beans

1.BBQ Grilled Chicken 10

Breast Sandwich
Grilled Chicken topped with BBQ sauce& shredded cheddar on a bun.
2.Roast beef & Cheese on a bagel
W/ Mashed Cauliflower

1.Corn Dog Day 16

Breaded corn dogs served w/ chili
2. Italian Sub
Steamed Carrots

THURSDAY

1.Build a Better Burger 3

Beef burger served on a wheat bun w/choice of cheese, lettuce, salsa, pickles & a bag of chex mix
2. Chicken Salad Wrap. Bagged Carrots

1.Grilled Ham & Cheese & Soup 10

Grill ham & cheese served w/ chicken noodle soup.
2. Turkey & Cheese Wrap
Romaine Salad w/Italian dressing

1.Omelet Lunch 17

Egg & Cheese Omelet served w/tator tots & breakfast sausage.
2. Pretzel Lunch
Cupped Pears

FRIDAY

1.Gloria's Pizza 4

Cheese Pizza slice
2.Tuna Salad Wrap
Mixed Green Salad W LF Dressing

1.Gloria's Pizza 11

Cheese Pizza slice
2. Buffalo Chicken Wrap
Caesar Salad

1.Gloria's Pizza 18

Cheese Pizza slice
2. Nacho Lunch
Steamed Cauliflower

21

February

22

Winter

23

School

24

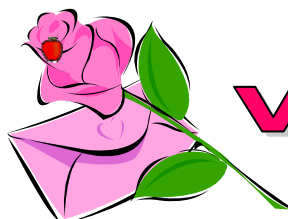
Vacation

25

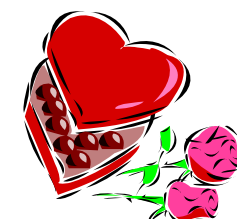
Week

1.Teriyaki Rice Bowl 28

Layered rice broccoli, cauliflower, carrots topped w/ grilled chicken in a teriyaki sauce
2. **Chicken Caesar Salad**
Cupped Pineapple



Happy Valentine's Day



DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS